
Physical Activity and Nutrition

NO LEISURE TIME PHYSICAL ACTIVITY

Definition: Respondents who report no leisure time physical activity or exercise during the past 30 days other than the respondent's regular job.

Prevalence of No Leisure Time Physical Activity

- South Dakota 22.5%
- Nationwide median 23.8%

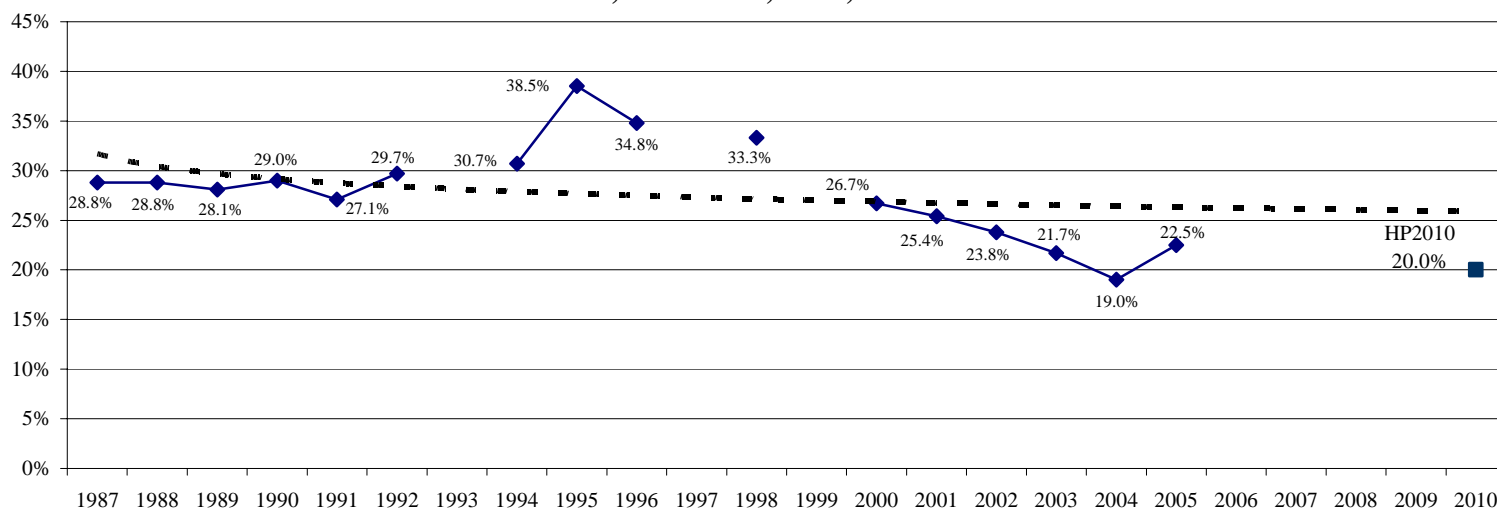
Healthy People 2010 Objective

Reduce the proportion of adults who engage in no leisure time physical activity to 20 percent.

Trend Analysis

This question was first asked in 1987 and hit its peak in 1995 with 38.5 percent of the respondents stating that they did not engage in a leisure time physical activity. Since 2000, the percent of respondents who do not engage in a leisure time physical activity had been decreasing until 2005 where there was an increase to 22.5 percent. South Dakota had reached the *Healthy People 2010 Objective* of 20 percent in 2004 with 19.0 percent.

Figure 14
**Percent of Respondents Who Reported No Leisure Time Physical Activity,
1987-1992, 1994-1996, 1998, and 2000-2005**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1987-1992, 1994-1996, 1998, and 2000-2005

Demographics

Gender

There was no significant difference between males and females overall. However, males did exhibit a significantly higher prevalence of no leisure time physical activity than females in specific demographic categories such as the 35-44 and 45-54 age groups, those in the central region, those who are self-employed, and those who are married.

Age	The prevalence of no leisure time physical activity generally increases as age increases. This is especially true for males.
Race	There were no significant differences between American Indians and whites.
Region	The central region shows a very high prevalence of no leisure time physical activity, while the southeast and west regions demonstrate a very low prevalence. These extremes among regions are much more evident in males than females.
Household Income	The prevalence of no leisure time physical activity is significantly lower in the higher income groups.
Education	The prevalence of no leisure time physical activity decreases as education increases. These decreases are most evident as some high school, some post-high school, and college graduate levels are reached.
Employment Status	Those who are unable to work exhibit a very high prevalence of no leisure time physical activity, while those who are employed for wages, unemployed, homemakers, or students show a very low prevalence.
Marital Status	Those who are divorced, separated, or widowed demonstrate a significantly higher prevalence of no leisure time physical activity than those who are married or who have never been married.

Table 18
Respondents Who Reported No Leisure Time Physical Activity, 2005

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,914	22.5	(21.3-23.7)	2,843	23.9	(22.0-26.0)	4,071	21.1	(19.6-22.6)
Age									
18-24	319	13.9	(9.9-19.1)	125	13.8	(7.8-23.1)	194	14.0	(9.7-19.8)
25-34	870	17.1	(14.4-20.2)	366	15.8	(11.9-20.6)	504	18.6	(15.1-22.7)
35-44	1,137	21.4	(18.7-24.4)	498	25.7	(21.4-30.4)	639	17.1	(14.1-20.6)
45-54	1,358	21.0	(18.6-23.5)	623	25.5	(21.8-29.6)	735	16.4	(13.6-19.6)
55-64	1,170	26.2	(23.4-29.2)	514	29.0	(24.8-33.6)	656	23.3	(19.8-27.2)
65-74	999	29.6	(26.5-33.0)	405	31.4	(26.4-36.9)	594	28.1	(24.2-32.4)
75+	1,021	36.3	(33.0-39.8)	302	34.5	(28.8-40.7)	719	37.5	(33.5-41.7)
Race									
White	6,198	22.2	(20.9-23.5)	2,552	23.7	(21.6-25.8)	3,646	20.7	(19.2-22.3)
American Indian	491	26.6	(21.5-32.5)	197	24.5	(17.0-34.0)	294	28.7	(22.3-36.2)
Region									
Southeast	1,584	20.7	(18.4-23.2)	660	22.4	(18.8-26.4)	924	19.0	(16.4-21.8)
Northeast	1,536	24.6	(22.3-27.1)	596	24.7	(21.1-28.7)	940	24.5	(21.6-27.7)
Central	1,421	28.1	(25.5-30.9)	621	32.2	(28.0-36.7)	800	23.9	(20.8-27.2)
West	1,670	20.1	(18.0-22.4)	668	21.5	(18.1-25.4)	1,002	18.8	(16.3-21.6)
American Indian Counties	703	25.0	(20.7-29.9)	298	24.3	(18.2-31.7)	405	25.8	(20.2-32.3)
Household Income									
Less than \$10,000	362	32.5	(26.5-39.1)	101	33.0	(22.0-46.2)	261	32.2	(25.4-39.9)
\$10,000-\$14,999	468	33.9	(27.4-41.2)	133	31.2	(18.9-46.9)	335	35.8	(29.7-42.4)
\$15,000-\$19,999	478	35.1	(30.1-40.6)	179	40.0	(32.0-48.7)	299	31.5	(25.2-38.7)
\$20,000-\$24,999	641	30.2	(25.6-35.2)	249	34.5	(26.8-43.1)	392	26.7	(21.6-32.5)
\$25,000-\$34,999	952	23.0	(20.0-26.3)	414	25.8	(21.0-31.2)	538	20.1	(16.6-24.1)
\$35,000-\$49,999	1,230	23.4	(20.7-26.4)	563	25.7	(21.7-30.1)	667	21.0	(17.4-25.0)
\$50,000-\$74,999	1,034	14.9	(12.5-17.7)	497	18.2	(14.4-22.7)	537	11.0	(8.5-14.3)
\$75,000+	874	12.6	(10.3-15.2)	468	13.5	(10.5-17.2)	406	11.1	(8.0-15.2)
Education									
8th Grade or Less	326	47.0	(40.4-53.6)	154	48.5	(39.2-58.0)	172	45.0	(36.2-54.3)
Some High School	403	30.1	(24.5-36.5)	176	29.3	(21.3-38.8)	227	31.2	(24.0-39.5)
High School or G.E.D.	2,201	29.1	(26.7-31.7)	963	31.5	(27.6-35.6)	1,238	26.5	(23.7-29.6)
Some Post-High School	1,986	20.3	(18.1-22.6)	718	19.8	(16.4-23.8)	1,268	20.6	(18.1-23.4)
College Graduate	1,989	13.9	(12.1-15.9)	828	15.4	(12.6-18.8)	1,161	12.3	(10.3-14.7)

Table 18 (continued)
Respondents Who Reported No Leisure Time Physical Activity, 2005

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Employment Status									
Employed for Wages	3,361	18.6	(17.0-20.3)	1,385	19.7	(17.1-22.5)	1,976	17.4	(15.5-19.5)
Self-employed	904	28.8	(25.4-32.5)	601	33.9	(29.5-38.6)	303	17.6	(13.2-23.1)
Unemployed	171	18.2	(12.5-25.8)	*	*	*	*	*	*
Homemaker	411	20.2	(16.1-24.9)	*	*	*	*	*	*
Student	126	11.6	(5.6-22.4)	*	*	*	*	*	*
Retired	1,651	30.0	(27.5-32.6)	607	29.7	(25.7-34.0)	1,044	30.2	(27.2-33.5)
Unable to Work	286	49.4	(42.4-56.5)	121	47.9	(37.3-58.8)	165	50.7	(41.6-59.8)
Marital Status									
Married/Unmarried Couple	4,147	21.3	(20.0-22.8)	1,856	23.9	(21.7-26.1)	2,291	18.8	(17.1-20.7)
Divorced/Separated	959	28.6	(25.3-32.2)	399	30.0	(25.1-35.5)	560	27.5	(23.2-32.2)
Widowed	976	35.3	(31.8-38.9)	162	43.2	(34.0-53.0)	814	33.3	(29.7-37.1)
Never Married	821	18.7	(15.0-23.1)	422	19.4	(14.1-26.0)	399	17.7	(13.5-22.9)

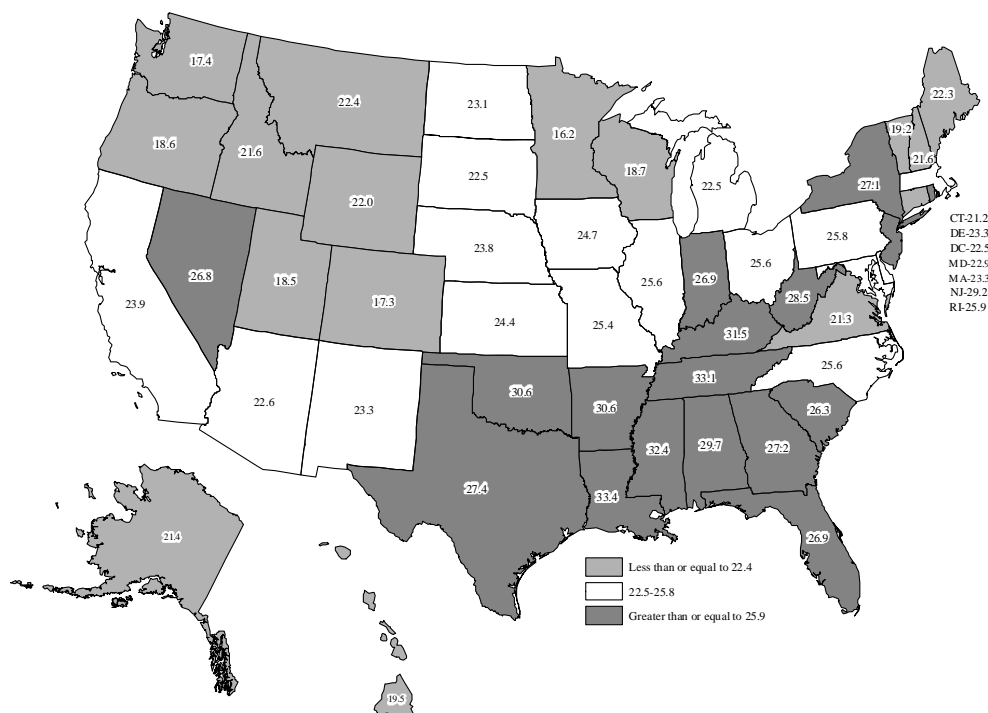
Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

National Statistics

The national median for respondents who reported no leisure time physical activity was 23.8 percent. South Dakota had 22.5 percent of respondents who reported no leisure time physical activity. Minnesota had the lowest percent of respondents who reported no leisure time physical activity with 16.2 percent, while Louisiana had the highest percent of respondents who reported no leisure time physical activity with 33.4 percent.

Figure 15
Nationally, Respondents Who Reported No Leisure Time Physical Activity, 2005



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

Further Analysis

Following are data illustrating the percent of those who do not engage in leisure time physical activity for various health behaviors and conditions. For example, 41.7 percent of respondents who stated they have fair or poor health have no leisure time physical activity, while 19.6 percent of respondents who stated they have excellent, very good, or good health status have no leisure time physical activity.

Table 19			
No Leisure Time Physical Activity for Selected Health Behaviors and Conditions, 2005			
Health Behavior or Condition	# Respondents	% No Leisure Time Physical Activity	95% CI
Fair or Poor Health Status	1,132	41.7	38.0-45.4
Excellent, Very Good, or Good Health Status	5,775	19.6	18.4-21.0
Physical Health Not Good for 30 days of the past 30	519	42.6	37.4-47.8
Physical Health Not Good for 0-29 days of the past 30	6,327	21.2	19.9-22.5
Mental Health Not Good for 20-30 days of the past 30	359	33.4	27.3-40.0
Mental Health Not Good for 0-19 days of the past 30	6,510	21.9	20.6-23.2
Usual Activities Unattainable for 10-30 Days of the Past 30	466	44.3	39.0-49.7
Usual Activities Unattainable for 0-9 Days of the Past 30	6,410	21.2	19.9-22.5
Dissatisfied / Very Dissatisfied with Life	270	37.7	30.1-45.9
Satisfied / Very Satisfied with Life	6,437	21.7	20.5-23.0
Obese (BMI = 30.0+)	1,777	28.8	26.1-31.5
Overweight (BMI = 25.0-29.9)	2,550	21.5	19.6-23.5
Recommended Weight (BMI = 18.5-24.9)	2,213	17.8	15.9-19.9
Underweight (BMI < 18.5)	103	19.4	12.2-29.6
No Moderate Physical Activity	3,608	32.9	31.0-35.0
Moderate Physical Activity	2,951	9.9	8.7-11.2
No Vigorous Physical Activity	5,408	27.5	26.0-29.1
Vigorous Physical Activity	1,282	5.3	4.2-6.7
Less Than Five Servings of Fruits and Vegetables	5,235	24.5	23.0-26.0
At Least Five Servings of Fruits and Vegetables	1,594	14.2	12.5-16.2
Not Heard of "Healthy South Dakota" Program	4,480	23.7	22.1-25.3
Heard of "Healthy South Dakota" Program	2,135	19.0	17.1-21.1
Current Smoker	1,317	26.4	23.5-29.5
Former Smoker	1,934	26.0	23.7-28.4
Never Smoked	3,644	19.4	17.8-21.1
Smokeless Tobacco Use	362	20.9	16.4-26.3
No Smokeless Tobacco Use	6,341	22.4	21.1-23.7
Drank Alcohol in Past 30 Days	3,676	18.9	17.4-20.5
No Alcohol in Past 30 Days	3,226	27.4	25.5-29.5
Binge Drinker	913	18.6	15.5-22.0
Not a Binge Drinker	5,931	23.2	21.9-24.6
Heavy Drinker	238	23.3	16.8-31.5
Not a Heavy Drinker	6,569	22.3	21.1-23.6
Hypertension	2,227	29.4	27.2-31.7
No Hypertension	4,679	20.1	18.7-21.6
High Blood Cholesterol	2,094	25.2	23.1-27.5
No High Blood Cholesterol	3,434	21.3	19.7-23.0
Not Taking any Precautions Against West Nile Virus	2,109	28.1	25.6-30.8
Taking Precautions Against West Nile Virus	4,565	19.7	18.3-21.1
No Health Insurance (18-64)	416	24.3	19.5-29.9
Health Insurance (18-64)	4,240	19.0	17.5-20.5

Table 19 (continued)
No Leisure Time Physical Activity for Selected Health Behaviors and Conditions, 2005

Health Behavior or Condition	# Respondents	% No Leisure Time Physical Activity	95% CI
Employer Based Health Insurance Coverage (18-64)	2,779	16.3	14.7-18.0
Private Health Insurance Plan (18-64)	640	23.3	19.1-28.1
Medicare (18-64)	146	42.2	32.9-52.0
Medicaid or Medical Assistance (18-64)	182	24.5	16.1-35.5
The Military, CHAMPUS, TriCare, or the VA (18-64)	213	23.8	17.7-31.2
The Indian Health Service (18-64)	229	23.1	16.6-31.4
No Flu Shot (65+)	501	40.9	36.0-46.1
Flu Shot (65+)	1,513	30.7	28.1-33.4
No Pneumonia Shot (65+)	653	33.6	29.5-38.0
Pneumonia Shot (65+)	1,302	33.2	30.3-36.2
Diabetes	610	32.1	27.8-36.6
No Diabetes	6,303	21.8	20.5-23.1
Current Asthma	515	29.4	24.7-34.6
Former Asthma	177	19.9	13.6-28.1
Never Had Asthma	6,191	21.9	20.6-23.2
Previously Had a Heart Attack	436	35.7	30.5-41.3
Never Had a Heart Attack	6,436	21.8	20.5-23.1
Have Angina or Coronary Heart Disease	444	35.5	30.5-40.8
Do Not Have Angina or Coronary Heart Disease	6,411	21.6	20.4-22.9
Previously Had a Stroke	256	41.6	34.2-49.5
Never Had a Stroke	6,642	21.9	20.6-23.2
Arthritis	2,423	29.9	27.8-32.1
No Arthritis	4,418	19.5	18.1-21.1
Arthritis - Activities Limited	1,167	36.6	33.2-40.0
No Arthritis - Activities Limited	5,669	20.2	18.9-21.6
Physical, Mental, or Emotional Disability	1,586	35.8	32.8-39.0
No Physical, Mental, or Emotional Disability	5,290	19.3	18.0-20.7
Disability with Special Equipment Needed	604	46.5	41.0-52.1
No Disability with Special Equipment Needed	6,278	20.9	19.6-22.2
Two or More Hours of TV Watched per Day	4,865	24.4	22.9-26.0
Less Than Two Hours of TV Watched per Day	1,778	16.4	14.4-18.7
Never Been Tested for HIV (18-64)	3,496	19.1	17.5-20.9
Been Tested for HIV (18-64)	1,156	21.1	18.4-24.1
Military Veteran	1,126	26.7	23.7-29.9
Not a Military Veteran	5,769	21.7	20.3-23.1

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

NO MODERATE PHYSICAL ACTIVITY

Definition: Respondents who report doing less than 30 minutes per day of moderate physical activity, or less than five days per week of moderate physical activity.

Prevalence of No Moderate Physical Activity

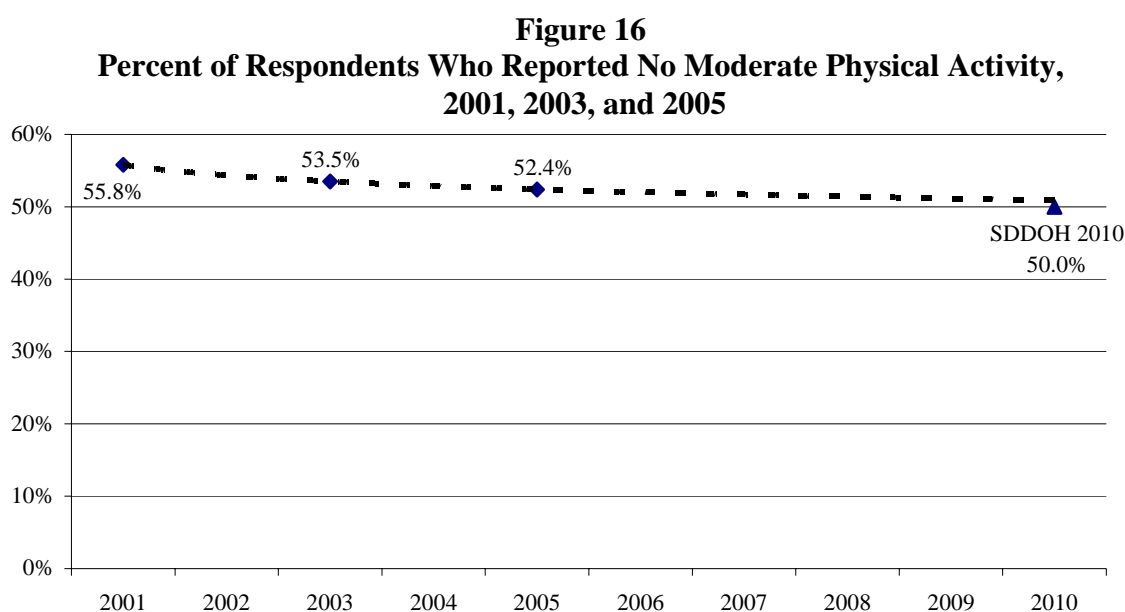
- South Dakota 52.4%
- Nationwide median 50.9%

South Dakota Department of Health 2010 Initiative

Decrease the percent of adults who are physically inactive on a regular basis to 50 percent.

Trend Analysis

This question was asked in 2001, 2003, and 2005. The percent of respondents who reported no moderate physical activity has been decreasing since 2001. South Dakota has yet to meet the *South Dakota Department of Health 2010 Initiative* of 50 percent.



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2001, 2003, and 2005

Demographics

- Gender** There is no gender difference exhibited by the available data for no moderate physical activity. However, self-employed males do show a significantly higher prevalence of no moderate physical activity than self-employed females.
- Age** No moderate physical activity increases as age increases with the most significant increase occurring in the 75 and older age group. These associations are more evident in females than males.
- Race** There are no racial differences observed from the available data.

Region	Those in the west region demonstrate a very low prevalence of no moderate physical activity, while those in the southeast, northeast, and central regions show a very high prevalence.
Household Income	The prevalence of no moderate physical activity is lower in the higher income groups.
Education	The prevalence of no moderate physical activity decreases as education increases. This is especially true for females.
Employment Status	Those who are retired or unable to work exhibit a very high prevalence of no moderate physical activity, while those who are unemployed, a homemaker, or a student show a very low prevalence. Also, males who are self-employed show a very high prevalence of no moderate physical activity, while females who are self-employed show a very low prevalence.
Marital Status	Those who are widowed demonstrate a very high prevalence of no moderate physical activity, while those who are married or have never been married show a very low prevalence. Also, males who are divorced or separated exhibit a very high prevalence of no moderate physical activity, while females who are divorced or separated show a very low prevalence.

Table 20
Respondents Who Reported No Moderate Physical Activity, 2005

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,560	52.4	(50.8-54.1)	2,706	52.5	(49.9-55.1)	3,854	52.4	(50.3-54.4)
Age									
18-24	304	40.4	(33.8-47.3)	119	36.5	(26.8-47.5)	185	44.6	(36.3-53.1)
25-34	834	49.3	(45.1-53.5)	353	51.7	(45.2-58.1)	481	46.7	(41.7-51.9)
35-44	1,087	50.4	(47.0-53.9)	475	51.8	(46.6-57.0)	612	49.1	(44.5-53.6)
45-54	1,295	51.4	(48.2-54.5)	589	52.8	(48.1-57.5)	706	50.0	(45.7-54.2)
55-64	1,113	57.7	(54.3-61.0)	492	61.1	(56.0-65.9)	621	54.2	(49.6-58.7)
65-74	938	59.2	(55.5-62.7)	381	58.6	(52.8-64.2)	557	59.6	(54.9-64.2)
75+	955	68.3	(64.7-71.6)	288	65.6	(59.0-71.7)	667	70.0	(65.8-73.8)
Race									
White	5,901	52.5	(50.8-54.2)	2,440	52.5	(49.8-55.3)	3,461	52.5	(50.4-54.6)
American Indian	455	51.9	(45.2-58.5)	178	50.3	(39.5-61.2)	277	53.3	(45.3-61.2)
Region									
Southeast	1,495	54.5	(51.3-57.7)	626	54.5	(49.4-59.4)	869	54.7	(50.7-58.5)
Northeast	1,463	53.6	(50.5-56.8)	568	53.8	(48.8-58.6)	895	53.5	(49.4-57.6)
Central	1,352	54.2	(51.0-57.4)	590	54.5	(49.5-59.4)	762	53.9	(49.8-57.9)
West	1,592	47.5	(44.5-50.4)	642	47.6	(43.0-52.3)	950	47.3	(43.6-51.1)
American Indian Counties	658	48.4	(42.8-54.0)	280	47.4	(38.8-56.2)	378	49.5	(42.7-56.2)
Household Income									
Less than \$10,000	339	57.1	(49.8-64.0)	*	*	*	*	*	*
\$10,000-\$14,999	442	62.7	(54.6-70.2)	128	60.8	(44.3-75.2)	314	64.1	(57.0-70.6)
\$15,000-\$19,999	461	63.7	(58.0-69.0)	174	64.2	(55.0-72.5)	287	63.3	(56.0-70.1)
\$20,000-\$24,999	614	55.6	(50.3-60.8)	234	54.8	(45.9-63.4)	380	56.3	(49.9-62.5)
\$25,000-\$34,999	905	52.6	(48.1-57.0)	397	54.5	(47.7-61.1)	508	50.5	(44.8-56.2)
\$35,000-\$49,999	1,184	50.6	(46.9-54.2)	542	53.5	(48.1-58.8)	642	47.4	(42.6-52.3)
\$50,000-\$74,999	1,004	52.2	(48.4-56.0)	480	52.3	(46.8-57.7)	524	52.1	(46.9-57.2)
\$75,000+	842	44.3	(40.2-48.5)	449	45.7	(39.9-51.6)	393	42.1	(36.6-47.8)
Education									
8 th Grade or Less	304	72.8	(66.2-78.6)	142	74.8	(65.6-82.2)	162	70.5	(60.5-78.9)
Some High School	372	54.7	(46.6-62.7)	159	53.4	(40.9-65.6)	213	56.3	(46.5-65.6)
High School or G.E.D.	2,047	54.3	(51.3-57.3)	906	53.3	(48.7-57.9)	1,141	55.4	(51.7-59.0)
Some Post-High School	1,914	52.3	(49.2-55.5)	695	49.7	(44.5-54.9)	1,219	54.5	(50.7-58.2)
College Graduate	1,919	48.2	(45.4-51.1)	801	51.6	(47.2-55.9)	1,118	45.0	(41.5-48.6)

Table 20 (continued)
Respondents Who Reported No Moderate Physical Activity, 2005

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Employment Status									
Employed for Wages	3,217	50.4	(48.1-52.7)	1,329	50.2	(46.7-53.8)	1,888	50.5	(47.6-53.4)
Self-employed	845	56.1	(51.9-60.2)	563	61.6	(56.4-66.4)	282	43.8	(36.9-50.9)
Unemployed	159	39.9	(27.4-53.8)	*	*	*	*	*	*
Homemaker	385	48.2	(42.3-54.1)	*	*	*	*	*	*
Student	124	35.0	(24.4-47.3)	*	*	*	*	*	*
Retired	1,554	61.9	(59.0-64.6)	580	58.7	(54.1-63.2)	974	64.5	(60.9-67.9)
Unable to Work	274	71.3	(64.1-77.6)	114	68.8	(57.4-78.3)	160	73.4	(64.0-81.1)
Marital Status									
Married/Unmarried Couple	3,951	51.8	(49.9-53.6)	1,769	53.2	(50.5-55.9)	2,182	50.3	(47.8-52.8)
Divorced/Separated	908	57.1	(53.1-61.0)	374	62.4	(56.3-68.1)	534	52.8	(47.6-58.0)
Widowed	908	67.5	(63.8-70.9)	157	67.7	(57.7-76.3)	751	67.4	(63.5-71.1)
Never Married	784	46.8	(41.1-52.6)	402	44.5	(36.5-52.7)	382	50.3	(43.0-57.6)

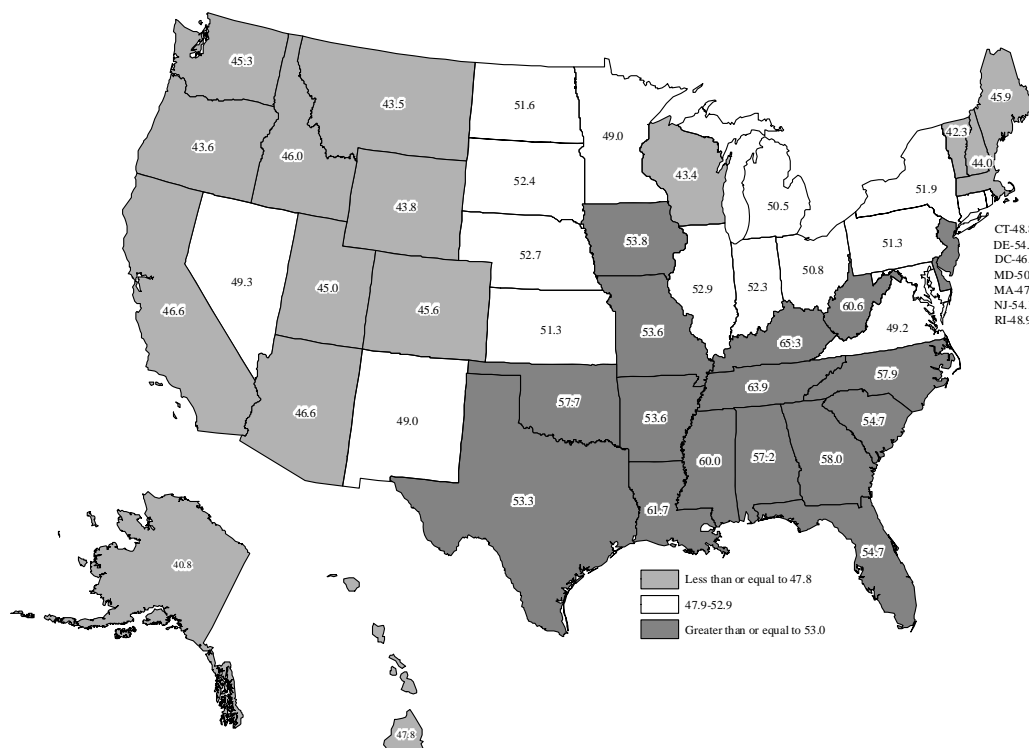
Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

National Statistics

The national median for respondents who reported having no moderate physical activity was 50.9 percent. South Dakota had 52.4 percent of respondents who reported having no moderate physical activity. Alaska had the lowest percent of respondents who reported having no moderate physical activity with 40.8 percent, while Kentucky had the highest percent of respondents who reported having no moderate physical activity with 65.3 percent.

Figure 17
Nationally, Respondents Who Reported No Moderate Physical Activity, 2005



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

Further Analysis

Following are data illustrating the percent of those who do not engage in moderate physical activity for various health behaviors and conditions. For example, 70.1 percent of respondents who stated they have fair or poor health have no moderate physical activity, while 49.9 percent of respondents who stated they have excellent, very good, or good health status have no moderate physical activity.

Table 21 No Moderate Physical Activity for Selected Health Behaviors and Conditions, 2005			
Health Behavior or Condition	# Respondents	% No Moderate Physical Activity	95% CI
Fair or Poor Health Status	1,061	70.1	66.3-73.8
Excellent, Very Good, or Good Health Status	5,493	49.9	48.1-51.7
Physical Health Not Good for 30 days of the past 30	496	72.7	67.6-77.4
Physical Health Not Good for 0-29 days of the past 30	6,014	51.2	49.4-52.9
Mental Health Not Good for 20-30 days of the past 30	338	52.5	45.5-59.4
Mental Health Not Good for 0-19 days of the past 30	6,187	52.4	50.7-54.2
Usual Activities Unattainable for 10-30 Days of the Past 30	445	68.9	63.3-73.9
Usual Activities Unattainable for 0-9 Days of the Past 30	6,081	51.5	49.7-53.2
Dissatisfied / Very Dissatisfied with Life	260	62.7	53.8-70.8
Satisfied / Very Satisfied with Life	6,231	52.1	50.4-53.8
Obese (BMI = 30.0+)	1,699	62.2	59.1-65.2
Overweight (BMI = 25.0-29.9)	2,406	53.0	50.4-55.6
Recommended Weight (BMI = 18.5-24.9)	2,127	44.3	41.4-47.2
Underweight (BMI < 18.5)	*	*	*
No Leisure Time Physical Activity	1,659	78.6	76.0-81.1
Leisure Time Physical Activity	4,900	45.1	43.2-47.0
Less Than Five Servings of Fruits and Vegetables	5,019	55.2	53.3-57.1
At Least Five Servings of Fruits and Vegetables	1,541	42.0	38.8-45.2
Not Heard of "Healthy South Dakota" Program	4,347	54.3	52.2-56.3
Heard of "Healthy South Dakota" Program	2,052	48.3	45.5-51.2
Current Smoker	1,249	53.9	50.0-57.7
Former Smoker	1,840	54.9	52.0-57.8
Never Smoked	3,454	50.7	48.4-53.0
Smokeless Tobacco Use	354	51.8	43.9-59.6
No Smokeless Tobacco Use	6,128	52.6	50.9-54.3
Drank Alcohol in Past 30 Days	3,497	50.2	47.9-52.4
No Alcohol in Past 30 Days	3,053	55.6	53.1-58.0
Binge Drinker	875	52.2	47.5-57.0
Not a Binge Drinker	5,628	52.5	50.8-54.2
Heavy Drinker	225	54.1	43.5-64.2
Not a Heavy Drinker	6,245	52.3	50.6-54.0
Hypertension	2,093	62.1	59.5-64.6
No Hypertension	4,462	49.3	47.3-51.3
High Blood Cholesterol	1,991	58.3	55.7-60.9
No High Blood Cholesterol	3,266	50.9	48.7-53.1
Not Taking any Precautions Against West Nile Virus	2,017	55.4	52.2-58.5
Taking Precautions Against West Nile Virus	4,439	51.3	49.4-53.3
No Health Insurance (18-64)	404	48.4	41.3-55.6
Health Insurance (18-64)	4,129	50.0	47.9-52.0

Table 21 (continued)
No Moderate Physical Activity for Selected Health Behaviors and Conditions, 2005

Health Behavior or Condition	# Respondents	% No Moderate Physical Activity	95% CI
Employer Based Health Insurance Coverage (18-64)	2,719	48.8	46.4-51.2
Private Health Insurance Plan (18-64)	618	56.0	50.5-61.4
Medicare (18-64)	143	61.8	51.3-71.4
Medicaid or Medical Assistance (18-64)	172	48.6	37.5-59.8
The Military, CHAMPUS, TriCare, or the VA (18-64)	209	43.2	34.7-52.0
The Indian Health Service (18-64)	224	49.6	39.9-59.2
No Flu Shot (65+)	463	65.0	59.9-69.8
Flu Shot (65+)	1,424	63.5	60.5-66.3
No Pneumonia Shot (65+)	609	60.4	55.8-64.9
Pneumonia Shot (65+)	1,226	65.1	61.9-68.1
Diabetes	576	66.7	61.9-71.1
No Diabetes	5,983	51.5	49.7-53.2
Current Asthma	491	56.6	50.3-62.8
Former Asthma	173	44.0	34.4-54.1
Never Had Asthma	5,867	52.4	50.6-54.1
Previously Had a Heart Attack	404	65.0	59.1-70.4
Never Had a Heart Attack	6,119	51.8	50.1-53.5
Have Angina or Coronary Heart Disease	428	62.1	56.5-67.3
Do Not Have Angina or Coronary Heart Disease	6,081	51.9	50.2-53.6
Previously Had a Stroke	243	62.3	53.1-70.8
Never Had a Stroke	6,301	52.1	50.4-53.8
Arthritis	2,309	58.9	56.3-61.3
No Arthritis	4,228	50.0	47.9-52.1
Arthritis - Activities Limited	1,120	62.3	58.5-65.9
No Arthritis - Activities Limited	5,412	51.0	49.1-52.8
Activities Physical, Mental, or Emotional Disability	1,520	65.7	62.4-68.9
No Physical, Mental, or Emotional Disability	5,034	49.3	47.4-51.2
Disability with Special Equipment Needed	576	75.7	70.9-80.0
No Disability with Special Equipment Needed	5,984	50.9	49.2-52.6
Two or More Hours of TV Watched per Day	4,718	55.7	53.7-57.6
Less Than Two Hours of TV Watched per Day	1,719	44.8	41.7-47.9
Never Been Tested for HIV (18-64)	3,392	50.5	48.2-52.9
Been Tested for HIV (18-64)	1,141	47.5	43.9-51.1
Military Veteran	1,071	53.3	49.4-57.0
Not a Military Veteran	5,486	52.3	50.5-54.1

Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

NO VIGOROUS PHYSICAL ACTIVITY

Definition: Respondents who report doing less than 20 minutes per day of vigorous physical activity, or less than three days per week of vigorous physical activity.

Prevalence of No Vigorous Physical Activity

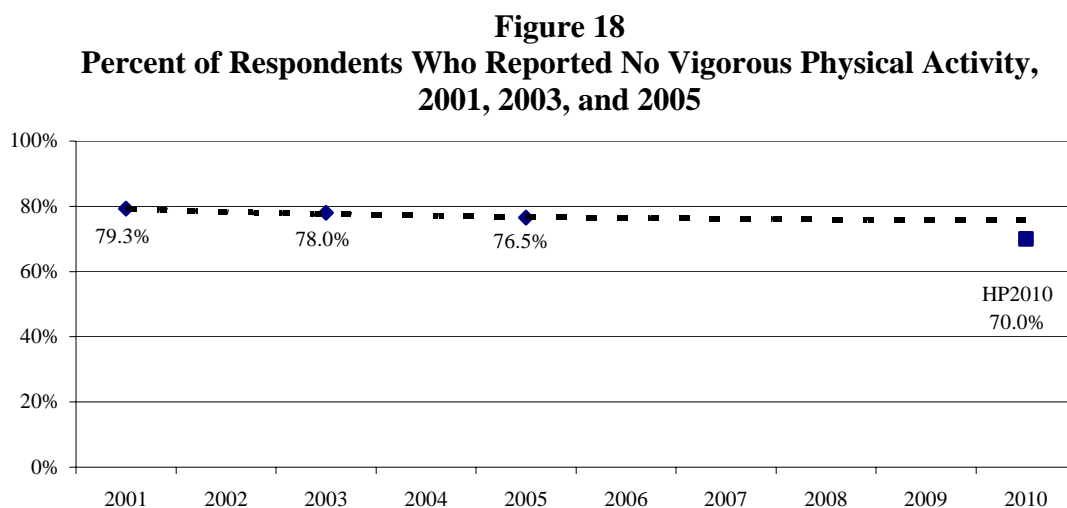
- South Dakota 76.5%
- Nationwide median 72.5%

Healthy People 2010 Objective

Decrease the proportion of adults who do not engage in vigorous physical activity that promotes the development and maintenance of cardio respiratory fitness 3 or more days per week for 20 or more minutes per occasion to 70 percent.

Trend Analysis

This question was asked in 2001, 2003, and 2005. The percent of respondents who reported no vigorous physical activity has been decreasing since 2001, reaching a low of 76.5 percent in 2005. South Dakota has yet to meet the *Healthy People 2010 Objective* of 70 percent.



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2001, 2003, and 2005

Demographics

- Gender** Females demonstrate a significantly higher prevalence of no vigorous physical activity than males.
- Age** The prevalence of no vigorous physical activity increases as age increases. This includes significant increases as the 55-64 and 75 and older age groups are reached.
- Race** There are no racial differences observed from the available data.

Region	Those in the west region exhibit a very low prevalence of no vigorous physical activity, while those in the northeast and central regions show a very high prevalence. This regional difference is more evident in males than females.
Household Income	The prevalence of no vigorous physical activity generally decreases as household income increases. This includes a significant decrease as the \$75,000 or more income group is reached.
Education	The prevalence of no vigorous physical activity generally decreases as education increases. This includes a significant decrease as the some high school education level is reached.
Employment Status	Those who are retired or unable to work demonstrate a very high prevalence of no vigorous physical activity, while those who are unemployed or a student show a very low prevalence.
Marital Status	Those who are widowed exhibit a very high prevalence of no vigorous physical activity, while those who have never been married show a very low prevalence.

Table 22
Respondents Who Reported No Vigorous Physical Activity, 2005

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,691	76.5	(75.0-78.0)	2,747	73.7	(71.1-76.1)	3,944	79.3	(77.5-81.0)
Age									
18-24	309	61.8	(54.8-68.4)	122	54.1	(43.4-64.4)	187	70.2	(61.8-77.5)
25-34	841	70.6	(66.8-74.2)	354	68.3	(62.1-73.8)	487	73.1	(68.4-77.4)
35-44	1,098	73.4	(70.3-76.4)	482	73.2	(68.4-77.5)	616	73.7	(69.5-77.5)
45-54	1,320	76.5	(73.6-79.1)	601	74.6	(70.1-78.7)	719	78.3	(74.6-81.5)
55-64	1,137	84.6	(82.1-86.9)	499	84.0	(80.1-87.2)	638	85.3	(81.8-88.2)
65-74	960	87.1	(84.4-89.4)	388	86.6	(82.3-89.9)	572	87.6	(84.0-90.5)
75+	989	93.0	(90.8-94.8)	291	90.9	(86.2-94.2)	698	94.3	(91.8-96.1)
Race									
White	6,013	76.6	(75.0-78.2)	2,473	74.2	(71.5-76.7)	3,540	79.0	(77.1-80.8)
American Indian	465	78.5	(72.6-83.4)	183	70.3	(60.0-78.9)	282	86.1	(79.7-90.7)
Region									
Southeast	1,531	75.4	(72.3-78.3)	639	73.1	(68.0-77.7)	892	77.8	(74.2-81.1)
Northeast	1,486	80.3	(77.4-82.8)	572	77.5	(72.6-81.8)	914	82.6	(79.4-85.5)
Central	1,375	81.1	(78.2-83.6)	598	79.6	(74.9-83.6)	777	82.6	(79.1-85.5)
West	1,620	72.9	(70.0-75.6)	649	68.8	(64.1-73.1)	971	76.7	(73.1-79.9)
American Indian Counties	679	74.9	(69.4-79.7)	289	70.8	(62.0-78.3)	390	79.2	(72.4-84.8)
Household Income									
Less than \$10,000	347	85.1	(79.3-89.4)	*	*	*	*	*	*
\$10,000-\$14,999	456	86.5	(78.1-92.0)	130	78.8	(60.3-90.1)	326	91.9	(87.5-94.8)
\$15,000-\$19,999	473	85.4	(80.4-89.4)	179	83.3	(74.1-89.7)	294	87.0	(80.9-91.4)
\$20,000-\$24,999	624	82.0	(77.7-85.7)	238	81.4	(74.2-87.0)	386	82.5	(76.9-86.9)
\$25,000-\$34,999	919	78.8	(74.4-82.6)	397	79.9	(73.6-85.1)	522	77.6	(71.3-82.9)
\$35,000-\$49,999	1,198	77.3	(74.0-80.3)	549	76.4	(71.1-81.0)	649	78.4	(74.3-81.9)
\$50,000-\$74,999	1,013	74.8	(71.2-78.2)	485	72.8	(67.3-77.7)	528	77.2	(72.3-81.4)
\$75,000+	853	63.5	(59.0-67.8)	457	62.6	(56.1-68.6)	396	64.9	(59.2-70.3)
Education									
8 th Grade or Less	313	94.7	(91.4-96.8)	146	94.5	(89.8-97.1)	167	95.0	(89.0-97.8)
Some High School.	384	75.2	(67.1-81.9)	168	72.3	(60.0-81.9)	216	78.9	(68.1-86.8)
High School or G.E.D.	2,110	80.6	(77.7-83.1)	921	77.2	(72.5-81.3)	1,189	84.3	(81.2-86.9)
Some Post-High School	1,936	75.6	(72.6-78.5)	701	70.4	(64.9-75.3)	1,235	79.9	(76.5-82.8)
College Graduate	1,942	71.8	(69.1-74.3)	807	71.0	(66.7-74.9)	1,135	72.6	(69.2-75.8)

Table 22 (continued)									
Respondents Who Reported No Vigorous Physical Activity, 2005									
	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Employment Status									
Employed for Wages	3,270	74.0	(71.8-76.0)	1,345	72.2	(68.7-75.4)	1,925	75.8	(73.2-78.2)
Self-employed	864	77.4	(73.6-80.7)	578	77.7	(73.0-81.7)	286	76.6	(70.1-82.1)
Unemployed	162	70.0	(57.5-80.2)	*	*	*	*	*	*
Homemaker	394	80.5	(75.3-84.9)	*	*	*	*	*	*
Student	125	48.1	(36.3-60.1)	*	*	*	*	*	*
Retired	1,594	89.3	(87.4-91.0)	584	86.8	(83.4-89.5)	1,010	91.3	(89.0-93.2)
Unable to Work	279	92.2	(87.6-95.2)	115	88.3	(80.0-93.5)	164	95.5	(89.5-98.1)
Marital Status									
Married/Unmarried Couple	4,013	77.4	(75.7-78.9)	1,793	76.4	(74.0-78.7)	2,220	78.3	(76.1-80.3)
Divorced/Separated	930	81.0	(77.7-83.9)	383	80.5	(75.3-84.9)	547	81.3	(77.0-85.0)
Widowed	943	91.5	(88.9-93.5)	160	88.7	(78.4-94.4)	783	92.1	(89.9-94.0)
Never Married	796	65.2	(59.3-70.8)	407	60.5	(51.9-68.4)	389	72.3	(65.0-78.6)

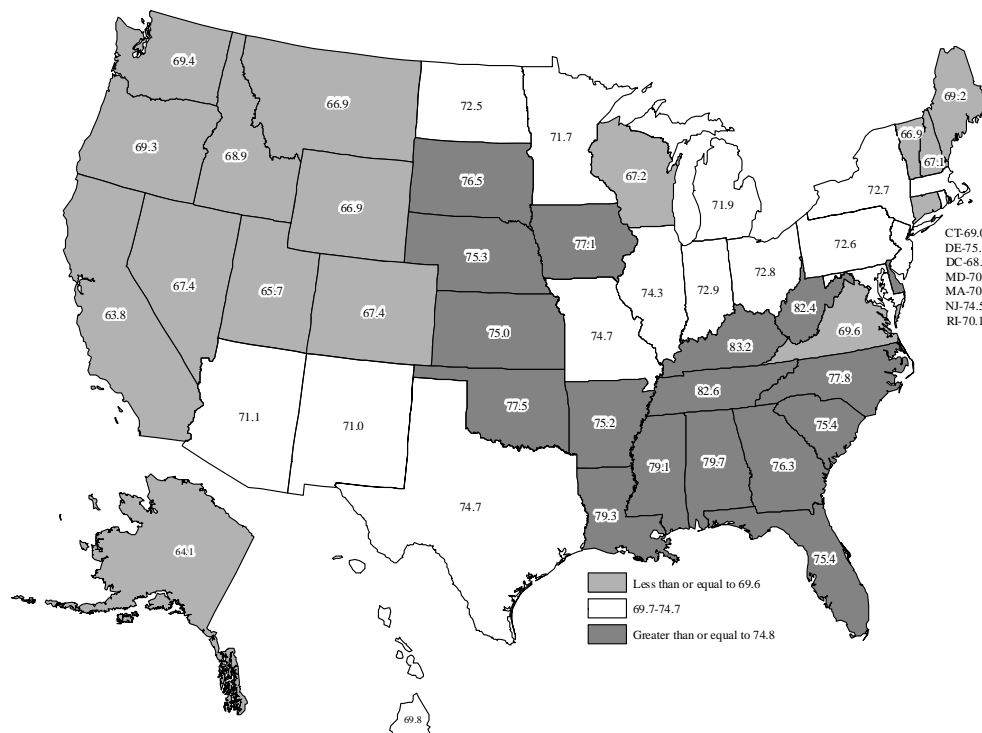
Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

National Statistics

The national median for respondents who reported having no vigorous physical activity was 72.5 percent. South Dakota had 76.5 percent of respondents who reported having no vigorous physical activity. California had the lowest percent of respondents who reported having no vigorous physical activity with 63.8 percent, while Kentucky had the highest percent of respondents who reported having no vigorous physical activity with 83.2 percent.

Figure 19
Nationally, Respondents Who Reported No Vigorous Physical Activity, 2005



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

Further Analysis

Following are data illustrating the percent of those who do not engage in vigorous physical activity for various health behaviors and conditions. For example, 90.8 percent of respondents who stated they have diabetes do not participate in vigorous physical activity, while 75.6 percent of respondents who do not have diabetes do not participate in vigorous physical activity.

Table 23			
No Vigorous Physical Activity for Selected Health Behaviors and Conditions, 2005			
Health Behavior or Condition	# Respondents	% No Vigorous Physical Activity	95% CI
Fair or Poor Health Status	1,093	89.5	86.1-92.1
Excellent, Very Good, or Good Health Status	5,592	74.7	72.9-76.3
Physical Health Not Good for 30 days of the past 30	505	92.1	88.0-94.9
Physical Health Not Good for 0-29 days of the past 30	6,124	75.5	73.9-77.1
Mental Health Not Good for 20-30 days of the past 30	347	86.3	80.9-90.4
Mental Health Not Good for 0-19 days of the past 30	6,305	75.9	74.3-77.5
Usual Activities Unattainable for 10-30 Days of the Past 30	449	91.3	86.8-94.3
Usual Activities Unattainable for 0-9 Days of the Past 30	6,206	75.6	74.0-77.2
Dissatisfied / Very Dissatisfied with Life	266	85.4	78.4-90.5
Satisfied / Very Satisfied with Life	6,353	76.2	74.6-77.7
Obese (BMI = 30.0+)	1,732	84.2	81.7-86.4
Overweight (BMI = 25.0-29.9)	2,457	77.7	75.3-80.0
Recommended Weight (BMI = 18.5-24.9)	2,156	69.4	66.3-72.3
Underweight (BMI < 18.5)	*	*	*
No Leisure Time Physical Activity	1,713	94.4	93.0-95.6
Leisure Time Physical Activity	4,977	71.4	69.5-73.2
Less Than Five Servings of Fruits and Vegetables	5,123	78.1	76.4-79.8
At Least Five Servings of Fruits and Vegetables	1,568	70.5	67.1-73.7
Not Heard of "Healthy South Dakota" Program	4,428	77.6	75.7-79.5
Heard of "Healthy South Dakota" Program	2,099	73.4	70.5-76.0
Current Smoker	1,271	79.1	75.7-82.2
Former Smoker	1,869	81.0	78.5-83.3
Never Smoked	3,534	73.5	71.2-75.7
Smokeless Tobacco Use	358	70.7	62.9-77.5
No Smokeless Tobacco Use	6,254	76.8	75.2-78.4
Drank Alcohol in Past 30 Days	3,551	74.2	72.0-76.2
No Alcohol in Past 30 Days	3,129	79.8	77.5-82.0
Binge Drinker	882	72.9	68.2-77.0
Not a Binge Drinker	5,749	77.4	75.8-78.9
Heavy Drinker	233	77.7	67.3-85.6
Not a Heavy Drinker	6,365	76.3	74.7-77.8
Hypertension	2,147	85.2	83.1-87.0
No Hypertension	4,537	73.7	71.7-75.5
High Blood Cholesterol	2,031	83.1	80.9-85.0
No High Blood Cholesterol	3,325	74.9	72.7-76.9
Not Taking any Precautions Against West Nile Virus	2,077	78.0	75.0-80.8
Taking Precautions Against West Nile Virus	4,506	75.7	73.8-77.5
No Health Insurance (18-64)	414	75.5	68.5-81.4
Health Insurance (18-64)	4,190	72.9	70.9-74.8

Table 23 (continued)
No Vigorous Physical Activity for Selected Health Behaviors and Conditions, 2005

Health Behavior or Condition	# Respondents	% No Vigorous Physical Activity	95% CI
Employer Based Health Insurance Coverage (18-64)	2,751	71.7	69.3-73.9
Private Health Insurance Plan (18-64)	630	76.9	71.5-81.5
Medicare (18-64)	143	85.1	74.6-91.8
Medicaid or Medical Assistance (18-64)	178	78.3	66.7-86.7
The Military, CHAMPUS, TriCare, or the VA (18-64)	212	63.6	53.3-72.7
The Indian Health Service (18-64)	228	73.6	64.0-81.4
No Flu Shot (65+)	482	90.0	86.3-92.8
Flu Shot (65+)	1,461	90.2	88.3-91.9
No Pneumonia Shot (65+)	635	90.7	87.7-93.1
Pneumonia Shot (65+)	1,253	89.9	87.8-91.8
Diabetes	591	90.8	87.5-93.3
No Diabetes	6,099	75.6	73.9-77.1
Current Asthma	501	79.5	73.1-84.6
Former Asthma	175	70.4	59.0-79.7
Never Had Asthma	5,985	76.5	74.9-78.1
Previously Had a Heart Attack	419	86.4	81.3-90.3
Never Had a Heart Attack	6,232	76.0	74.4-77.6
Have Angina or Coronary Heart Disease	433	86.3	81.9-89.9
Do Not Have Angina or Coronary Heart Disease	6,201	76.0	74.4-77.5
Previously Had a Stroke	250	84.7	73.5-91.7
Never Had a Stroke	6,425	76.3	74.7-77.8
Arthritis	2,361	83.9	81.9-85.7
No Arthritis	4,307	73.7	71.7-75.6
Arthritis - Activities Limited	1,140	85.9	82.5-88.7
No Arthritis - Activities Limited	5,525	75.1	73.3-76.7
Physical, Mental, or Emotional Disability	1,551	87.2	84.2-89.6
No Physical, Mental, or Emotional Disability	5,132	74.0	72.2-75.7
Disability with Special Equipment Needed	591	93.4	89.9-95.8
No Disability with Special Equipment Needed	6,100	75.4	73.8-77.0
Two or More Hours of TV Watched per Day	4,801	79.2	77.4-81.0
Less Than Two Hours of TV Watched per Day	1,755	69.2	66.1-72.1
Never Been Tested for HIV (18-64)	3,452	74.3	72.0-76.4
Been Tested for HIV (18-64)	1,147	70.7	67.3-74.0
Military Veteran	1,083	76.4	72.5-79.9
Not a Military Veteran	5,605	76.6	74.9-78.2

Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

LESS THAN FIVE SERVINGS OF FRUITS AND VEGETABLES

Definition: Respondents who report they consume less than five servings of fruits and vegetables per day.

Prevalence of Respondents Not Consuming at Least Five Servings of Fruits and Vegetables Per Day

- South Dakota 79.5%
- Nationwide median 76.8%

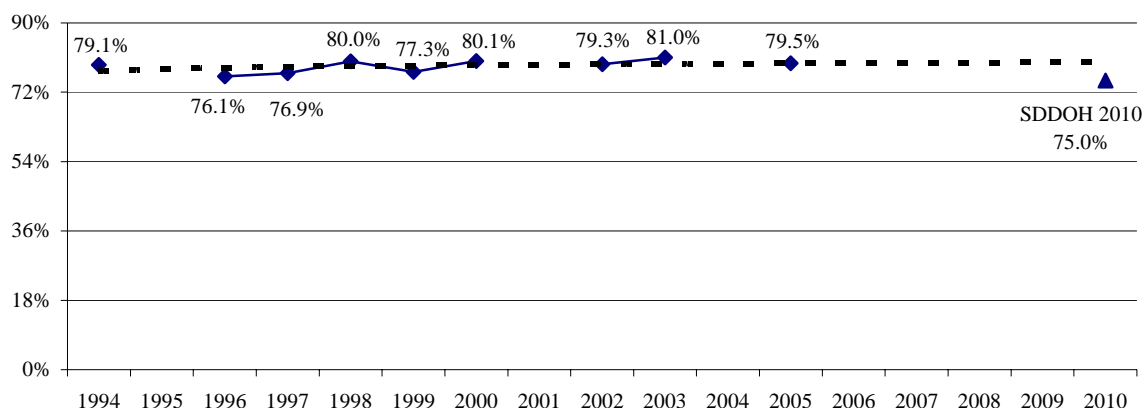
South Dakota Department of Health 2010 Initiative

Decrease the percent of adults who do not consume at least five servings of fruits and vegetables per day to 75 percent.

Trend Analysis

This question was asked first in 1994 and again from 1996 to 2000 and 2002 to 2003 and in 2005. Overall, from 1996 to 2003, the percent of respondents who did not consume at least five servings of fruits and vegetables had been increasing. In 2005, there was a slight decrease to 79.5 percent.

Figure 20
Percent of Respondents Who Reported Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day, 1994, 1996-2000, 2002-2003, and 2005



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1994, 1996-2000, 2002-2003, and 2005

Demographics

Gender Males show a significantly higher percentage of not consuming at least five servings of fruits and vegetables per day than females. This gender difference is evident across several demographics including 35-74 year olds, whites, larger household incomes, higher levels of education, and those who are married.

Age Low fruit and vegetable consumption generally decreases as age increases with a significant decrease occurring as the 45-54 and 75 and older age groups are reached. This decrease as age increases is more evident in females than males.

Race	There are no racial differences demonstrated by the available data.
Region	There are no regional differences exhibited by the available data.
Household Income	There seems to be no association with fruit and vegetable consumption and household income.
Education	There seems to be no association with fruit and vegetable consumption and education levels.
Employment Status	Those who are employed for wages, self-employed, unemployed, or unable to work all exhibit a very high prevalence of low fruit and vegetable consumption, while those who are homemakers or retired show a very low prevalence. However, it should be noted that self-employed females do show a very low prevalence of low fruit and vegetable consumption.
Marital Status	Those who are divorced, separated, or have never been married demonstrate a very high prevalence of low fruit and vegetable consumption, while those who are widowed show a very low prevalence. These extremes are much more evident in females.

Table 24
Respondents Who Reported Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day, 2005

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,830	79.5	(78.2-80.6)	2,805	84.6	(82.7-86.3)	4,025	74.5	(72.8-76.1)
Age									
18-24	314	84.9	(79.4-89.1)	123	85.7	(76.4-91.7)	191	84.0	(77.1-89.1)
25-34	860	84.3	(81.2-87.0)	362	87.9	(83.3-91.4)	498	80.5	(76.1-84.2)
35-44	1,120	85.2	(82.7-87.4)	490	90.0	(86.4-92.7)	630	80.4	(76.6-83.7)
45-54	1,342	79.0	(76.3-81.3)	614	84.0	(80.3-87.1)	728	73.9	(70.1-77.4)
55-64	1,160	76.7	(73.8-79.4)	508	83.6	(79.6-87.0)	652	69.6	(65.4-73.5)
65-74	982	73.2	(69.9-76.2)	399	81.4	(76.8-85.2)	583	66.1	(61.5-70.4)
75+	1,013	63.5	(59.9-66.8)	299	69.3	(63.1-74.9)	714	59.8	(55.6-63.8)
Race									
White	6,131	79.5	(78.1-80.7)	2,520	84.8	(82.9-86.6)	3,611	74.3	(72.5-76.0)
American Indian	482	82.5	(77.5-86.6)	193	87.4	(79.9-92.4)	289	77.9	(70.9-83.6)
Region									
Southeast	1,563	80.8	(78.3-83.0)	651	85.6	(81.8-88.7)	912	75.8	(72.5-78.8)
Northeast	1,518	78.3	(75.8-80.6)	588	83.3	(79.4-86.5)	930	74.1	(70.7-77.2)
Central	1,399	78.5	(76.0-80.8)	609	84.8	(81.2-87.9)	790	72.1	(68.5-75.4)
West	1,652	79.2	(76.9-81.3)	659	84.4	(81.0-87.2)	993	74.4	(71.2-77.4)
American Indian Counties	698	77.3	(72.6-81.4)	298	82.5	(75.2-88.1)	400	71.8	(65.5-77.3)
Household Income									
Less than \$10,000	359	82.7	(77.9-86.6)	100	89.4	(81.8-94.0)	259	79.7	(73.5-84.8)
\$10,000-\$14,999	466	76.2	(69.6-81.7)	133	80.0	(65.2-89.5)	333	73.5	(67.2-78.9)
\$15,000-\$19,999	475	79.1	(74.2-83.2)	179	83.6	(75.6-89.3)	296	75.7	(69.3-81.1)
\$20,000-\$24,999	633	79.6	(75.5-83.2)	243	84.2	(77.7-89.1)	390	75.9	(70.4-80.7)
\$25,000-\$34,999	942	78.6	(75.3-81.6)	411	84.1	(79.3-87.9)	531	72.9	(68.2-77.2)
\$35,000-\$49,999	1,223	81.2	(78.5-83.5)	558	86.3	(82.7-89.2)	665	75.7	(71.7-79.3)
\$50,000-\$74,999	1,024	82.2	(79.2-84.9)	491	88.0	(83.9-91.2)	533	75.5	(70.9-79.6)
\$75,000+	867	78.4	(74.6-81.7)	463	81.0	(75.5-85.6)	404	74.4	(69.2-78.9)
Education									
8 th Grade or Less	319	78.8	(73.4-83.3)	149	83.2	(75.7-88.8)	170	73.3	(65.1-80.1)
Some High School	397	81.2	(74.6-86.4)	173	81.0	(69.9-88.7)	224	81.4	(74.3-86.9)
High School or G.E.D.	2,166	82.2	(80.1-84.2)	949	86.0	(82.6-88.9)	1,217	78.1	(75.3-80.7)
Some Post-High School	1,968	79.6	(77.3-81.8)	711	87.6	(84.3-90.3)	1,257	73.3	(70.0-76.3)
College Graduate	1,972	76.2	(73.8-78.4)	819	81.3	(77.7-84.4)	1,153	71.3	(68.1-74.3)

Table 24 (continued)
Respondents Who Reported Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day, 2005

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Employment Status									
Employed for Wages	3,320	82.7	(81.0-84.3)	1,366	86.4	(83.7-88.8)	1,954	78.9	(76.7-81.0)
Self-employed	894	80.1	(76.8-83.1)	594	84.9	(81.0-88.2)	300	69.5	(63.2-75.2)
Unemployed	168	85.8	(78.1-91.1)	*	*	*	*	*	*
Homemaker	405	69.2	(63.7-74.1)	*	*	*	*	*	*
Student	126	80.6	(70.2-88.0)	*	*	*	*	*	*
Retired	1,630	69.2	(66.6-71.7)	599	75.5	(71.5-79.2)	1,031	64.0	(60.6-67.3)
Unable to work	284	81.4	(75.9-85.9)	119	89.7	(82.5-94.1)	165	74.4	(66.1-81.2)
Marital Status									
Married/Unmarried Couple	4,096	79.1	(77.6-80.4)	1,832	84.4	(82.4-86.2)	2,264	73.8	(71.7-75.8)
Divorced/Separated	952	84.8	(82.1-87.1)	394	87.6	(83.5-90.8)	558	82.5	(78.8-85.6)
Widowed	966	67.4	(63.8-70.7)	162	75.8	(65.7-83.7)	804	65.3	(61.5-68.9)
Never Married	806	83.1	(78.5-86.9)	413	85.4	(78.7-90.3)	393	79.7	(73.2-85.0)

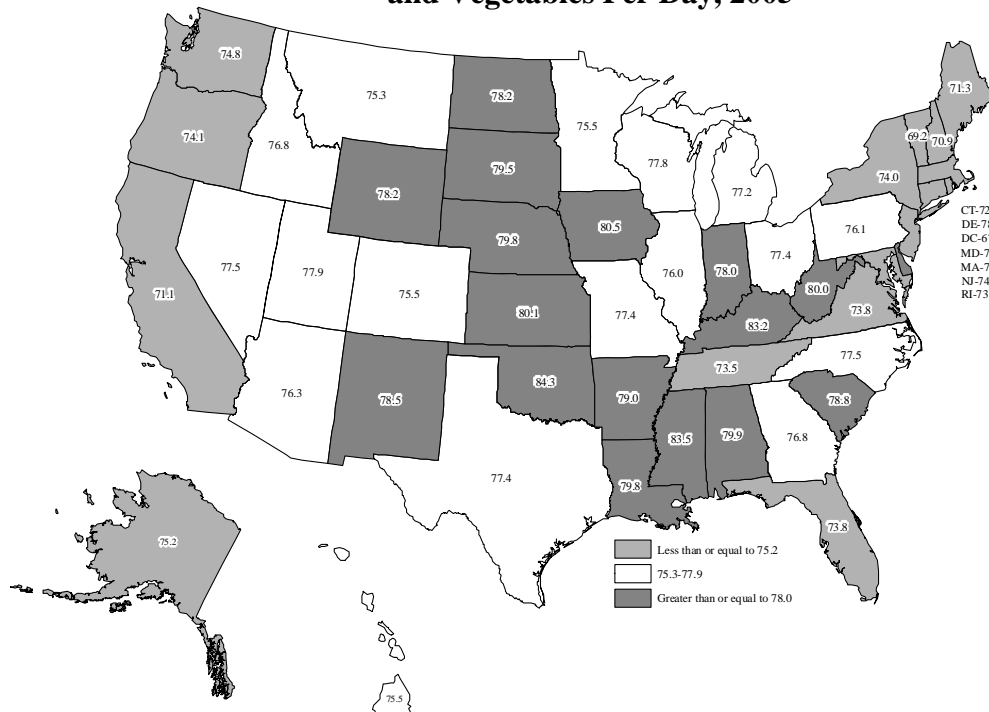
Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

National Statistics

The national median for respondents who have reported they do not consume at least five servings of fruits and vegetables per day was 76.8 percent. South Dakota had 79.5 percent of respondents who have reported they do not consume at least five servings of fruits and vegetables per day. District of Columbia had the lowest percent of respondents who reported not consuming at least five servings of fruits and vegetables per day with 67.7 percent, while Oklahoma had the highest percent of respondents who reported not consuming at least five servings of fruits and vegetables per day with 84.3 percent.

Figure 21
Nationally, Respondents Who Reported Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day, 2005



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

Further Analysis

Following are data illustrating the percent of those who do not consume at least five servings of fruits and vegetables per day for various health behaviors and conditions. For example, 93.7 percent of respondents who stated they use smokeless tobacco did not consume at least five servings of fruits and vegetables per day, while 78.3 percent of respondents who stated they do not use smokeless tobacco did not consume at least five servings of fruits and vegetables per day.

Table 25 Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day for Selected Health Behaviors and Conditions, 2005			
Health Behavior or Condition	# Respondents	% Not Consuming Enough Fruits and Vegetables	95% CI
Fair or Poor Health Status	1,115	78.1	75.0-80.9
Excellent, Very Good, or Good Health Status	5,708	79.6	78.3-80.9
Physical Health Not Good for 30 days of the past 30	514	78.0	72.5-82.6
Physical Health Not Good for 0-29 days of the past 30	6,250	79.6	78.3-80.8
Mental Health Not Good for 20-30 days of the past 30	356	81.2	75.6-85.7
Mental Health Not Good for 0-19 days of the past 30	6,430	79.5	78.2-80.7
Usual Activities Unattainable for 10-30 Days of the Past 30	459	76.9	71.8-81.2
Usual Activities Unattainable for 0-9 Days of the Past 30	6,333	79.6	78.3-80.8
Dissatisfied / Very Dissatisfied with Life	270	80.4	71.7-86.9
Satisfied / Very Satisfied with Life	6,438	79.2	78.0-80.5
Obese (BMI = 30.0+)	1,757	81.1	78.6-83.4
Overweight (BMI = 25.0-29.9)	2,518	79.1	77.1-81.0
Recommended Weight (BMI = 18.5-24.9)	2,193	79.0	76.7-81.1
Underweight (BMI < 18.5)	102	70.7	56.8-81.6
No Leisure Time Physical Activity	1,750	86.9	85.1-88.5
Leisure Time Physical Activity	5,079	77.3	75.8-78.8
No Moderate Physical Activity	3,608	83.4	81.9-84.8
Moderate Physical Activity	2,952	74.7	72.6-76.8
No Vigorous Physical Activity	5,408	80.9	79.6-82.2
Vigorous Physical Activity	1,283	74.0	70.6-77.1
Not Heard of "Healthy South Dakota" Program	4,481	81.2	79.7-82.6
Heard of "Healthy South Dakota" Program	2,135	75.3	72.8-77.5
Current Smoker	1,299	87.5	84.9-89.7
Former Smoker	1,906	78.6	76.3-80.7
Never Smoked	3,607	77.0	75.2-78.7
Smokeless Tobacco Use	362	93.7	90.7-95.8
No Smokeless Tobacco Use	6,342	78.3	76.9-79.5
Drank Alcohol in Past 30 Days	3,624	83.1	81.6-84.5
No Alcohol in Past 30 Days	3,195	74.4	72.3-76.4
Binge Drinker	897	91.4	88.9-93.5
Not a Binge Drinker	5,867	76.7	75.3-78.0
Heavy Drinker	236	90.4	85.3-93.8
Not a Heavy Drinker	6,496	78.8	77.5-80.0
Hypertension	2,193	75.0	72.7-77.1
No Hypertension	4,630	81.0	79.5-82.4
High Blood Cholesterol	2,064	77.8	75.7-79.7
No High Blood Cholesterol	3,395	76.4	74.5-78.1
Not Taking any Precautions Against West Nile Virus	2,110	81.0	78.7-83.1
Taking Precautions Against West Nile Virus	4,565	78.5	77.0-80.0
No Health Insurance (18-64)	416	88.2	84.1-91.3
Health Insurance (18-64)	4,240	81.6	80.0-83.0

Table 25 (continued)
Not Consuming at Least 5 Servings of Fruits and Vegetables Per Day for Selected Health Behaviors and Conditions, 2005

Health Behavior or Condition	# Respondents	% Not Consuming Enough Fruits and Vegetables	95% CI
Employer Based Health Insurance Coverage (18-64)	2,779	81.7	79.9-83.4
Private Health Insurance Plan (18-64)	640	79.0	74.2-83.1
Medicare (18-64)	146	85.0	77.6-90.3
Medicaid or Medical Assistance (18-64)	182	81.8	72.0-88.7
The Military, CHAMPUS, TriCare, or the VA (18-64)	213	84.2	78.5-88.7
The Indian Health Service (18-64)	229	84.5	76.5-90.1
No Flu Shot (65+)	493	69.9	65.1-74.3
Flu Shot (65+)	1,496	67.4	64.6-70.1
No Pneumonia Shot (65+)	648	72.8	68.8-76.5
Pneumonia Shot (65+)	1,283	65.0	62.0-68.0
Diabetes	601	71.3	66.9-75.4
No Diabetes	6,228	80.0	78.7-81.2
Current Asthma	509	77.7	71.9-82.6
Former Asthma	175	80.6	72.4-86.8
Never Had Asthma	6,115	79.5	78.2-80.8
Previously Had a Heart Attack	429	72.9	67.5-77.8
Never Had a Heart Attack	6,361	79.7	78.4-81.0
Have Angina or Coronary Heart Disease	440	72.0	67.1-76.5
Do Not Have Angina or Coronary Heart Disease	6,331	79.7	78.4-80.9
Previously Had a Stroke	253	76.4	69.6-82.1
Never Had a Stroke	6,561	79.5	78.2-80.7
Arthritis	2,416	73.8	71.6-75.9
No Arthritis	4,387	81.6	80.1-83.0
Arthritis - Activities Limited	1,163	76.6	73.3-79.6
No Arthritis - Activities Limited	5,636	79.9	78.5-81.2
Physical, Mental, or Emotional Disability	1,579	76.6	73.8-79.2
No Physical, Mental, or Emotional Disability	5,243	80.1	78.7-81.5
Disability with Special Equipment Needed	598	69.7	64.4-74.6
No Disability with Special Equipment Needed	6,232	80.1	78.8-81.3
Two or More Hours of TV Watched per Day	4,866	80.2	78.8-81.6
Less Than Two Hours of TV Watched per Day	1,778	76.9	74.3-79.2
Never Been Tested for HIV (18-64)	3,496	82.3	80.5-83.9
Been Tested for HIV (18-64)	1,156	81.4	78.8-83.8
Military Veteran	1,108	82.1	79.4-84.5
Not a Military Veteran	5,719	79.0	77.6-80.3

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

HEARD OF “HEALTHY SOUTH DAKOTA” PROGRAM

Definition: Respondents who indicate they have heard about the South Dakota Department of Health program called “Healthy South Dakota” that encourages South Dakotans to be physically active, eat healthy, and live healthier lives.

Prevalence of Respondents Who Have Heard of “Healthy South Dakota” Program

- South Dakota 30.9%
- There is no nationwide median for heard of “Healthy South Dakota” program

Healthy People 2010 Objective

There was no stated Health People 2010 Objective for respondents who have heard of “Healthy South Dakota” program.

Trend Analysis

This was the first year this question was asked so no trend analysis could be done.

Demographics

Gender	Females exhibit a significantly higher prevalence of those who have heard about the “Healthy South Dakota” program than males. This higher prevalence for females is most evident with whites, those in the \$75,000 or more income group, college graduates, those employed for wages, and those who are married.
Age	The prevalence of those who have heard about the “Healthy South Dakota” program generally increases as age increases. This is especially true for females.
Race	White females exhibit a significantly higher prevalence of those who have heard about the “Healthy South Dakota” program than American Indian females. Males do not demonstrate this same racial difference.
Region	Those in the northeast and central regions demonstrate a very high prevalence of those who have heard about the “Healthy South Dakota” program, while those in the southeast, west, and American Indian counties regions show a very low prevalence.
Household Income	There seems to be no strong association between the prevalence of those who have heard about the “Healthy South Dakota” program and household income.
Education	The prevalence of those who have heard about the “Healthy South Dakota” program generally increases as education increases. This association is more evident in females.
Employment Status	Those who are employed for wages or retired demonstrate a very high prevalence of those who have heard about the “Healthy South Dakota” program, while those who are self-employed, unemployed, or unable to work show a very low prevalence. However, males who are employed for wages also exhibit a very low prevalence.

Marital Status

Those who are widowed exhibit a very high prevalence of those who have heard about the “Healthy South Dakota” program, while those who are divorced, separated, or have never been married show a very low prevalence. Also, females who are married demonstrate a very high prevalence.

Table 26
Respondents Who Have Heard of the “Healthy South Dakota” Program, 2005

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,616	30.9	(29.4-32.4)	2,712	27.9	(25.7-30.2)	3,904	33.7	(31.9-35.6)
Age									
18-24	300	25.3	(19.8-31.8)	119	24.0	(16.0-34.5)	181	26.8	(19.9-35.0)
25-34	822	26.4	(23.0-30.0)	346	22.2	(17.5-27.6)	476	30.7	(26.3-35.6)
35-44	1,075	29.3	(26.2-32.6)	467	25.4	(21.1-30.3)	608	33.2	(28.9-37.7)
45-54	1,313	31.7	(28.9-34.7)	600	27.9	(23.8-32.3)	713	35.6	(31.6-39.7)
55-64	1,126	36.3	(33.1-39.7)	495	34.6	(29.9-39.6)	631	38.0	(33.7-42.5)
65-74	962	36.7	(33.2-40.3)	389	37.2	(31.8-42.8)	573	36.3	(31.9-40.9)
75+	981	34.7	(31.4-38.3)	286	31.9	(26.0-38.3)	695	36.5	(32.5-40.7)
Race									
White	5,954	31.4	(29.8-32.9)	2,445	28.1	(25.8-30.5)	3,509	34.5	(32.6-36.5)
American Indian	456	23.5	(17.6-30.6)	180	31.0	(20.9-43.2)	276	16.5	(11.4-23.1)
Region									
Southeast	1,498	29.3	(26.6-32.2)	623	25.9	(21.8-30.4)	875	32.9	(29.4-36.6)
Northeast	1,474	35.7	(32.8-38.6)	569	32.8	(28.6-37.4)	905	38.1	(34.3-42.0)
Central	1,359	35.1	(32.2-38.1)	586	31.3	(27.0-35.9)	773	38.9	(35.1-42.8)
West	1,609	27.8	(25.2-30.5)	648	25.4	(21.5-29.8)	961	30.0	(26.7-33.5)
American Indian Counties	676	24.6	(19.8-30.2)	286	26.5	(18.7-36.2)	390	22.7	(17.8-28.3)
Household Income									
Less than \$10,000	347	29.0	(22.9-36.0)	*	*	*	*	*	*
\$10,000-\$14,999	448	32.8	(25.6-41.0)	126	29.9	(16.3-48.4)	322	34.8	(28.4-41.9)
\$15,000-\$19,999	463	34.2	(28.9-40.0)	173	32.8	(24.8-42.0)	290	35.3	(28.4-42.8)
\$20,000-\$24,999	615	31.1	(26.5-36.1)	236	32.7	(25.1-41.4)	379	29.9	(24.5-35.8)
\$25,000-\$34,999	914	30.1	(26.5-33.9)	397	25.9	(21.1-31.4)	517	34.3	(29.3-39.8)
\$35,000-\$49,999	1,192	32.4	(29.2-35.9)	541	29.0	(24.2-34.3)	651	36.1	(31.7-40.6)
\$50,000-\$74,999	992	32.1	(28.8-35.6)	476	29.6	(25.1-34.6)	516	35.0	(30.3-40.0)
\$75,000+	843	31.1	(27.5-35.0)	452	26.0	(21.3-31.3)	391	38.9	(33.5-44.6)
Education									
8 th Grade or Less	309	29.2	(23.5-35.6)	144	30.7	(22.6-40.2)	165	27.4	(20.2-35.9)
Some High School	380	25.8	(19.7-33.0)	164	25.0	(16.4-36.2)	216	26.8	(19.3-35.8)
High School or G.E.D.	2,089	29.1	(26.6-31.7)	914	25.7	(22.1-29.6)	1,175	32.7	(29.5-36.0)
Some Post-High School	1,901	31.7	(28.9-34.7)	684	30.4	(25.8-35.5)	1,217	32.8	(29.4-36.4)
College Graduate	1,931	33.0	(30.5-35.6)	802	28.3	(24.7-32.2)	1,129	37.5	(34.1-41.0)
Employment Status									
Employed for Wages	3,215	31.7	(29.7-33.7)	1,321	27.4	(24.5-30.5)	1,894	36.0	(33.4-38.8)
Self-employed	857	25.1	(21.6-28.8)	569	23.6	(19.5-28.4)	288	28.2	(22.5-34.7)
Unemployed	165	21.8	(14.5-31.4)	*	*	*	*	*	*
Homemaker	392	30.7	(25.3-36.6)	*	*	*	*	*	*
Student	123	31.5	(20.6-44.8)	*	*	*	*	*	*
Retired	1,591	35.6	(33.0-38.4)	583	35.6	(31.3-40.1)	1,008	35.7	(32.4-39.1)
Unable to work	270	23.6	(18.5-29.5)	113	22.2	(15.0-31.7)	157	24.8	(18.2-32.7)
Marital Status									
Married/Unmarried Couple	3,954	32.2	(30.5-33.9)	1,762	29.5	(27.2-32.1)	2,192	34.8	(32.5-37.2)
Divorced/Separated	923	26.4	(23.2-29.8)	383	25.7	(20.8-31.3)	540	26.9	(22.8-31.4)
Widowed	945	37.6	(34.1-41.2)	160	35.5	(26.9-45.2)	785	38.1	(34.4-42.0)
Never Married	785	25.4	(20.7-30.7)	403	22.5	(16.3-30.3)	382	29.6	(23.2-36.7)

Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005

Further Analysis

Following are data illustrating the percent of respondents who have heard of the “Healthy South Dakota” program for various health behaviors and conditions. For example, 32.6 percent of respondents who stated they have employer based health insurance coverage have heard of the “Healthy South Dakota” program, while 18 percent of respondents who stated they are on Medicare have heard of the “Health South Dakota” program.

Table 27 Respondents Who Have Heard of the “Healthy South Dakota” Program for Selected Health Behaviors and Conditions, 2005			
Health Behavior or Condition	# Respondents	% Heard of “Healthy South Dakota” Program	95% CI
Fair or Poor Health Status	5,537	30.8	29.2-32.4
Excellent, Very Good, or Good Health Status	1,073	31.5	28.1-35.3
Physical Health Not Good for 30 days of the past 30	502	33.2	27.9-38.9
Physical Health Not Good for 0-29 days of the past 30	6,054	30.7	29.2-32.2
Mental Health Not Good for 20-30 days of the past 30	350	34.4	28.0-41.4
Mental Health Not Good for 0-19 days of the past 30	6,225	30.7	29.2-32.2
Usual Activities Unattainable for 10-30 Days of the Past 30	444	29.4	24.7-34.6
Usual Activities Unattainable for 0-9 Days of the Past 30	6,139	30.9	29.4-32.5
Dissatisfied / Very Dissatisfied with Life	268	26.5	18.7-36.1
Satisfied / Very Satisfied with Life	6,318	31.1	29.6-32.6
Obese (BMI = 30.0+)	1,707	30.3	27.5-33.3
Overweight (BMI = 25.0-29.9)	2,433	30.2	28.0-32.5
Recommended Weight (BMI = 18.5-24.9)	2,135	31.7	29.0-34.5
Underweight (BMI < 18.5)	*	*	*
No Leisure Time Physical Activity	1,695	26.4	23.8-29.1
Leisure Time Physical Activity	4,920	32.1	30.4-33.9
No Moderate Physical Activity	3,519	28.3	26.4-30.3
Moderate Physical Activity	2,880	33.4	31.1-35.8
No Vigorous Physical Activity	5,272	29.6	28.0-31.2
Vigorous Physical Activity	1,255	34.7	31.1-38.4
Less Than Five Servings of Fruits and Vegetables	5,063	29.3	27.6-31.0
At Least Five Servings of Fruits and Vegetables	1,553	37.0	33.9-40.2
Current Smoker	1,253	30.9	27.6-34.4
Former Smoker	1,856	30.8	28.3-33.4
Never Smoked	3,490	31.0	28.9-33.1
Smokeless Tobacco Use	361	28.6	22.8-35.3
No Smokeless Tobacco Use	6,252	31.0	29.5-32.6
Drank Alcohol in Past 30 Days	3,507	31.2	29.3-33.3
No Alcohol in Past 30 Days	3,098	30.4	28.2-32.5
Binge Drinker	866	26.3	22.5-30.4
Not a Binge Drinker	5,687	31.8	30.2-33.4
Heavy Drinker	228	24.4	17.3-33.1
Not a Heavy Drinker	6,295	31.0	29.5-32.5
Hypertension	2,142	34.5	32.1-37.1
No Hypertension	4,467	29.6	27.9-31.4
High Blood Cholesterol	2,019	35.1	32.6-37.6
No High Blood Cholesterol	3,284	33.9	31.8-36.0
Not Taking any Precautions Against West Nile Virus	2,086	24.8	22.4-27.4
Taking Precautions Against West Nile Virus	4,518	33.5	31.7-35.3
No Health Insurance (18-64)	409	23.8	18.5-30.2
Health Insurance (18-64)	4,188	30.2	28.4-32.0

Table 27 (continued)
Respondents Who Have Heard of the “Healthy South Dakota” Program for Selected Health Behaviors and Conditions, 2005

Health Behavior or Condition	# Respondents	% Heard of “Healthy South Dakota” Program	95% CI
Employer Based Health Insurance Coverage (18-64)	2,748	32.6	30.4-34.8
Private Health Insurance Plan (18-64)	634	23.3	19.5-27.5
Medicare (18-64)	144	18.0	12.5-25.3
Medicaid or Medical Assistance (18-64)	178	27.7	18.9-38.6
The Military, CHAMPUS, TriCare, or the VA (18-64)	210	30.7	21.7-41.4
The Indian Health Service (18-64)	224	21.6	13.5-32.7
No Flu Shot (65+)	484	32.0	27.5-37.0
Flu Shot (65+)	1,453	36.9	34.0-39.8
No Pneumonia Shot (65+)	632	35.1	30.9-39.5
Pneumonia Shot (65+)	1,250	36.1	33.1-39.2
Diabetes	584	32.0	27.6-36.7
No Diabetes	6,031	30.8	29.3-32.4
Current Asthma	498	31.6	25.8-38.1
Former Asthma	173	37.7	28.5-48.0
Never Had Asthma	5,916	30.6	29.1-32.1
Previously Had a Heart Attack	417	37.2	31.9-42.8
Never Had a Heart Attack	6,159	30.6	29.1-32.1
Have Angina or Coronary Heart Disease	431	34.9	29.9-40.3
Do not have Angina or Coronary Heart Disease	6,127	30.7	29.2-32.3
Previously Had a Stroke	244	33.9	27.0-41.5
Never Had a Stroke	6,357	30.8	29.3-32.3
Arthritis	2,356	35.3	32.9-37.8
No Arthritis	4,234	29.1	27.3-30.9
Arthritis - Activities Limited	1,127	32.9	29.4-36.6
No Arthritis - Activities Limited	5,460	30.5	28.9-32.1
Physical, Mental, or Emotional Disability	1,537	29.6	26.7-32.6
No Physical, Mental, or Emotional Disability	5,072	31.2	29.5-32.9
Disability with Special Equipment Needed	578	32.1	27.2-37.5
No Disability with Special Equipment Needed	6,038	30.8	29.3-32.3
Two or More Hours of TV Watched per Day	4,815	30.6	28.9-32.4
Less Than Two Hours of TV Watched per Day	1,764	31.4	28.7-34.3
Never Been Tested for HIV (18-64)	3,418	29.7	27.7-31.8
Been Tested for HIV (18-64)	1,126	30.3	27.1-33.6
Military Veteran	1,077	31.8	28.2-35.5
Not a Military Veteran	5,536	30.7	29.1-32.3

Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2005